

## Shopping list – Week 1

- The following ingredients are for 2 adults and 2 children
- You may already have some of the ingredients in your cupboard

### Bread, cereal, potatoes

- 8-12 cereal wheat biscuits
- Porridge
- Oat/flake cereal
- Cereal bars x 4
- Pan of wholemeal bread
- Tortilla wraps
- Brown roll x4
- Wholemeal bap x 4
- Pitta bread
- Fruit brack
- Rice
- Pasta
- Noodles

### Fruit and vegetables

- |  |   |
|--|---|
| <input type="checkbox"/> Bananas x 10    | <input type="checkbox"/> Cucumber           |
| <input type="checkbox"/> Apples x 10     | <input type="checkbox"/> Lettuce            |
| <input type="checkbox"/> Oranges x 4     | <input type="checkbox"/> Spring onion       |
| <input type="checkbox"/> 1 Avocado       | <input type="checkbox"/> 2 cloves of garlic |
| <input type="checkbox"/> Tomatoes        | <input type="checkbox"/> Sweetcorn          |
| <input type="checkbox"/> Green beans     | <input type="checkbox"/> Carrots            |
| <input type="checkbox"/> Onions          | <input type="checkbox"/> Mushrooms          |
| <input type="checkbox"/> Red peppers x 3 | <input type="checkbox"/> Broccoli x 120g    |
| <input type="checkbox"/> 7 Parsnip       | <input type="checkbox"/> 1 leek             |
| <input type="checkbox"/> 1 small turnip  |   |

### Dairy

- Low fat fortified milk
- Low fat yoghurt
- Low fat cheese

### Meat, eggs, fish

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> 900g lean minced beef | <input type="checkbox"/> 4 cod fillets  | <input type="checkbox"/> 12 eggs                       |
| <input type="checkbox"/> 450g stewing lamb     | <input type="checkbox"/> 2 tins of tuna | <input type="checkbox"/> 400g tins of baked beans (x2) |
| <input type="checkbox"/> 1 medium chicken      | <input type="checkbox"/> 4 lean rashers | <input type="checkbox"/> 4 chicken breasts             |
| <input type="checkbox"/> 450g lean pork        | <input type="checkbox"/> Cooked ham     |  |

### Other

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> 400g chopped tomatoes (x2) | <input type="checkbox"/> Vegetable oil          | <input type="checkbox"/> Rice cakes         |
| <input type="checkbox"/> Tomato sauce               | <input type="checkbox"/> Reduced salt soy sauce | <input type="checkbox"/> Small bags popcorn |
| <input type="checkbox"/> Parsley/thyme/bay leaf     | <input type="checkbox"/> Stock                  | <input type="checkbox"/> Sugar-free jelly   |
| <input type="checkbox"/> Relish                     | <input type="checkbox"/> Plain flour            | <input type="checkbox"/> Low-fat mayonnaise |
| <input type="checkbox"/> Curry powder               | <input type="checkbox"/> Margarine              |   |